



# Plantar Kit

## Basic Instruction

### Guide

Thank you for allowing us to send you instructions electronically – here at Penkwin we strive to reduce as much waste as possible, please only print if extremely necessary – so thank you from us, and from Planet Earth!



**How to use!**

## Massager



1. For adjustable temperature,
  - **Warm massage** - submerge in warm water until desired temperature and massage for a soothing warm massage,
  - **Cold massage** - Simply place in the freezer or cold water until desired temperature is reached for a cooling massage.
2. To Massage - Simply put your foot arch over the massager and allow the textured surface to provide a deep tissue massage.
  - Place massager on flat surface and roll the massager under the foot starting from the front and working your way to the heel of the foot, alternatively you can use it by placing it firmly in the centre of your hand and massaging the foot by rubbing it in circular motions from the front of the foot to the heel.
  - You control the massage by controlling the amount of pressure you apply
  - The raised balls on the massager work great to break up the lactic acid in your plantar fascia.
3. The massager is the perfect size to carry in your bag for relief on the go.
4. It isn't just limited to foot massaging it is versatile and can be used on various areas (calf's, thighs) to aid in pain relief.
5. Can be cleaned in warm soapy water, dry thoroughly before use.

**Sock Overview:**

The blue sock is a slightly lighter compression than the black heel sock, they can be worn at your personal preference.

As the blue sock is made from a gel infused material it gives the feet a rest, and slight compression (and even moisturises the foot area) from the use of the black heel sock, which is a slightly deeper compression but can also, like many compression socks, can cause a bit of rubbing if worn for long, long periods of time.

Happy customers have told us they wear the black sock out and about, with shoes and when they come home they pop the blue socks on to add compression and give their feet a bit of a breather!

**Light Compression Socks**

1. Offers consistent, gentle compression throughout your foot to help alleviate arch and heel pain associated with plantar fasciitis
2. Helps prevent swelling

3. Contains a Gel Heel Lining, for extra support and comfort which helps prevent and heal cracked heels
4. Compression socks can be worn all day and night with minimal intrusion. They can be worn under socks and comfortably while you sleep.
5. Hand wash only
6. Dry thoroughly before use

#### Compression Heel Pad



1. Shock absorbing gel heels are made from a comfortable medical grade gel for soothing heel protection
2. Great with shoes or sandals or without shoes
3. Hand wash only, wash with warm water and mild soap
4. Air dry before use

5. Main purpose is to provide compression to relieve the symptoms of plantar fasciitis